

SMART SNACKS

Using the Food Guide Pyramid

HEALTHY FOODS AND HELPFUL ADVICE.
THAT'S WHAT WIC IS ALL ABOUT.

Snacks When You're Away From Home

Snacks from home can be more nutritious and less costly than snacks bought from a vending machine or a convenience store.

Here are some examples of snacks you can bring from home:

Ready-to-eat cereals

Sandwich quarters

Yogurt or pudding in small containers

Shelf-stable milk in small containers

Meat sticks — ham, roast beef, or turkey cut into "sticks"

100% fruit or vegetable juice in small boxes or cans

Fruit

* Pretzels

* Popcorn — lowfat variety

* Crackers and cheese

* Vegetable sticks

Use a cooler or an insulated bag with an ice pack for snacks that need to be kept cold.

* Be careful. These foods may cause choking, especially in children less than 4 years of age.

Fats, Oils, & Sweets

Children and adults should have only small amounts of high-sugar and high-fat foods. These foods provide calories, but little or no vitamins and minerals.

These foods include:

fried foods, high-fat snack chips, fruit drinks, sodas, candies, sweet desserts such as cake, pastries, and doughnuts.

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)"

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."



MISSISSIPPI STATE DEPARTMENT OF HEALTH
WIC



Equal Opportunity In Employment/Services
Printed April 2002, Reprinted October 2002

Smart snacking is simple! Snacks eaten between meals can be an important part of your daily food choices from the Food Guide Pyramid.

These general snacks ideas are for children age 1 and older, teenagers and adults.

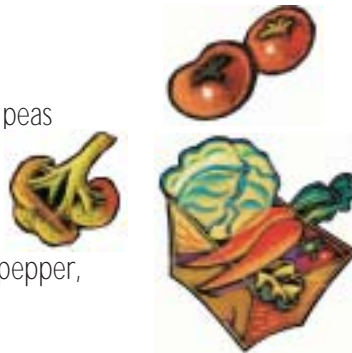
Bread, Cereal, Rice & Pasta Group

- Wheat crackers topped with cheese slices
- Ready to eat cereal — with or without milk
- Bread of all kinds — multi-grain, rye, white, wheat
- Ginger snaps, vanilla wafers, graham crackers, animal crackers
- English muffin pizza made with tomato sauce and mozzarella cheese
- Pita bread with hummus
- Tortillas with cheese
- Corn bread, muffins
- * Flavored mini rice cakes or popcorn cakes
- * Fruit-and-nut breads
- * Granola bars, fig bars
- * Popcorn — lowfat variety
- * Trail mix — ready-to-eat cereals mixed with pretzels and raisins
- * Lowfat corn chips with salsa
- * Pretzels



Vegetable Group

- Cherry tomatoes cut in small pieces
- Steamed broccoli, green beans, or sugar peas with lowfat dip
- Vegetable juice
- * Green salad with lowfat dressing
- * Vegetable sticks — carrot, celery, green pepper, cucumber, squash



* Be careful. These foods may cause choking, especially in children less than 4 years of age. Peanut butter should not be served to children under age 2. When serving peanut butter to children ages 2 to 3, spread it very thinly on foods.

Fruit Group

- Orange or tangerine sections
- Fruit crisps or cobblers
- Chunks of banana, pineapple, strawberries, or melons
- Canned fruits packed in juice, **not** heavy syrup
- 100% fruit juice
- Frozen fruit juice bars
- * Sliced apple rings with peanut butter
- * Grapes — cut grapes into small pieces for young children
- * Dried fruits such as raisins and prunes



Milk, Yogurt, & Cheese Group

- Milk shakes made with milk and fresh fruit
- Yogurt, pudding, custard
- Hot cocoa made with milk
- Cheese slices
- Lowfat ice cream, ice milk, or frozen yogurt
- Cottage cheese and fruit



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

- Hard cooked eggs cut in wedges or slices
- Tuna salad with crackers
- Bean dip with crackers
- * Thin slices of cooked meat, meat sticks, or a chicken drumstick
- * Nuts or seeds
- * Peanut butter spread thinly on crackers

